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FEATURES

Winchester resident doing well following heart transplant

JOYCE WESTNER | STAFF WRITER

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Ted Michalski and his wife, Martha, are thrilled by his new heart, which he received in August when his own heart started to fail. COURTESTY PHOTO/TED MICHALSKI

Being a crossing guard requires a strong heart — and Shore Road Ted Michalski has a new one.

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Michalski has been having heart problems since 2011 and in August, his heart started to fail. He was in Tufts Medical Center for an unrelated issue and his doctor told him she had a donor heart for him.

“I had a defibrillator for quite a while and one night, it went off seven times,” he says.

His wife, Martha, adds waiting for the heart was a time of great anxiety.

“Your life kind of stops,” she says. “We couldn’t go to Maine for the day because there’s only a four-hour window to get to the hospital once there’s a heart.”

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Where did the heart come from?

“My donor was incarcerated,” Michalski explains, adding he’s grateful “this person did good at the end of the day.”

And in half a year, he’s allowed to find out more about the donor and meet the donor’s family.

“I’d like to do that,” he says.

Michalski retired from the Revere Police Department in 2013, and loves keeping busy. Many residents know him as the manager of The Book and Board game store in Winchester Center.

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He and his wife have been married for 35 years — she's a well-known Stop & Shop employee. She says the only real adjustment is they have to be careful about food. No eating out for three months, but "we mostly eat at home, and Ted really likes my turkey tetrazzini."

Michalski also has to avoid salad greens and even things like melons because of possible contamination.

"If you cut open a melon, there's still pesticide traces inside," he says." And I can only eat hamburgers that taste like hockey pucks, they have to be cooked for so long."

No driving for eight to 10 weeks, either, but he hopes to be back at Muraco directing traffic. Martha's also a crossing guard on the corner of Washington and Mt. Vernon streets, having started in 1998.

Overall, Michalski says he is feeling quite well after the surgery.

"I feel 25 years younger," Michalski says.

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FEATURES

Celebrating Black history and culture with art, reflection, and community

The following was submitted by the Network for Social Justice: The Winchester community came together last week at the Griffin Museum of Photography for the inaugural Black History and Culture Celebration, an evening filled with music, student creativity, and powerful messages about equity, unity, and the enduring legacy of Black

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Well, Winchester, we made it through the weekend with only a coating of snow that

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amounted to nothing on Sunday afternoon. But during the Feb. 22-23 blizzard, Winchester News once again asked residents to send their snow photos. And here is what we received! Solmaz Amirnazmi said her daughters and

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Performance Hall. With the school and its performances' growing in popularity, the hall and many of its amenities are due for an upgrade. The performance hall is one of the main areas that the school seeks to

TAVISHI CHATTOPADHYAY | CORRESPONDENT

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EVENTS

Celebrate Women's History Month with Girls Leading Change

The following was submitted by the Network for Social Justice: To mark Women's History Month and International Women's Day in 2026, the Network for Social Justice is collaborating with club leaders from Winchester High School and members of the Community Health team from La Colaborativa in Chelsea and

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NEWS

Winchester School Committee candidates bring contrasting backgrounds to Thursday forum

Two candidates for Winchester's School Committee will face voters at a forum as the district navigates a new literacy curriculum, budget pressures and questions about student mental health. Heather von Mering and John Bellaire are competing for an open seat on the School Committee, which oversees a budget von

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March 4, 2026

EVENTS

Ripley Chapel in Winchester presents ‘Syldason: You Are Welcome Here’

The following was submitted by the Ripley Chapel at First Congregational Church: On Friday, March 13, beginning at 7:30 p.m., live in-person and live streamed from the stunning Ripley Chapel at First Congregational Church, Winchester, 21 Church St., join in with Syldason, a duo concert featuring Sylvie Zakarian,

March 4, 2026

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